

STUDENT NAME:  
DATE:

CLASS PERIOD:

**This is your 1<sup>st</sup> STUDY GUIDE so please study!!! The test will be worth 100 points. Remember to look for the SECRET TEST questions on the P.E. Class Web site.**

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
2. Why do you warm-up playing games **FIRST - THEN STRETCH?** ( **This answer is NOT in the word bank**)
3. When standing up & **MOVING** your heel **TOWARD** your gluteus maximus, **WHAT** muscle are **YOU USING?**
  - (A) **Your Biceps Femoris**
  - (B) **Your Gluteus Maximus**
  - (C) **Your Vastus Medallis**
  - (D) **Your Anterior Tibialis**
4. The **NUMBER** of yards for our timed run is \_\_\_\_\_ .
5. When **laying in the hurdler position** on your gluteus maximus **WHAT** muscle are you stretching?
  - (A) **Your Biceps Femoris**
  - (B) **Your Gluteus Maximus**
  - (C) **Your Vastus Lateralis**
  - (D) **Your Anterior Tibialis**
6. **WHAT MUSCLE** enables you to tap your toes on the ground?
  - (A) **Your Biceps Femoris**
  - (B) **Your Gluteus Maximus**
  - (C) **Your Vastus Lateralis**
  - (D) **Your Anterior Tibialis**
7. **WHAT** is the **FEMALE P.E. TEACHERS** favorite professional football team?

8. **WHAT MUSCLE** is located on the **OUTSIDE PART** of you thy?
- (A) **Your Biceps Femoris**
  - (B) **Your Gluteus Maximus**
  - (C) **Your Vastus Lateralis**
  - (D) **Your Anterior Tibialis**
9. Name any [2] **MUSCLES** that are located in your **LEG**?
10. **WHAT** type of vehicle does the **MALE P.E. TEACHER** use to get to school?
11. **LIST 3** types of exercises that can help **YOU** lose calories?
12. **WHAT** is the name of the **FEMALE P.E. TEACHER'S** dog?
13. **WHAT** are the names of the **MALE P.E. TEACHER'S** dogs?
14. **WHAT [2] MUSCLES** are located in your **CALF REGION**?
- (A) **Your Gastoc & Your Soleus**
  - (B) **Your Vastus Lateralis & Your Recuts Abdomius**
  - (C) **Your Vastus Lateralis & Your Vastus Intermedius**
  - (D) **Your Anterior Tibialis & Your Gluteus Maximus**
15. **WHAT** is the **NAME** of the **PRINICIPAL**?
16. **WHAT** is the **NAME** of the **WALL** w/ Brett Farve?

17. **WHEN** the **INTERCOM** comes on what do you do?

18. **LIST [2]** online **VIDEO** games that you can **FIND ON THE PE WEB SITE?**

19. **WHAT** is the name of **stretch** that we do when sitting on our **gluteus maximus** ?

20. **SPELL** both your physical education teachers names?

- ***ON THE BACK OF THIS SHEET LIST SPELL ALL YOUR CLASSMATES NAME [10 extra pts.]***